

THE HUNGRY BEAR CAT

BREAKFAST

| | |
|---------------------------------------|--------------------|
| Chobani Parfait Bar* | 0.24/oz |
| Cereal Cup | 1.99 240-290 cal |
| Bagel | 0.59 290-460 cal |
| Bagel with cream cheese | 1.09 360-530 cal |
| Egg & Cheese Breakfast Sandwich | 2.50 410 cal |
| Meat, Egg & Cheese Breakfast Sandwich | 3.25 320-620 cal |

BUILD YOUR OWN SMOOTHIES*

| | |
|------------------------------|------|
| Smoothie | 1.87 |
| with Single Boost of Protein | 3.43 |
| with Double Boost of Protein | 5.08 |

SANDWICHES

Served on your choice of bread.

| | |
|------------------|--------------------|
| Egg Salad | 0.99 280-360 cal |
| Chicken Salad | 1.41 560-640 cal |
| Turkey & Cheddar | 1.83 330-410 cal |
| Grilled Cheese | 0.48 550-630 cal |

ARTISAN WHEAT PIZZAS**

All served with mixed greens side salad.

| | |
|-------------------|----------------|
| Cheese | 1.37 370 cal |
| Roasted Vegetable | 2.10 410 cal |
| Pesto Chicken | 2.52 510 cal |

SALADS

| | |
|----------------------------|----------------|
| Caesar Salad | 0.99 70 cal |
| Chicken Caesar Salad | 1.57 160 cal |
| Chef Salad | 1.40 240 cal |
| Southwestern Chicken Salad | 1.63 470 cal |
| Quinoa Salad | 1.17 230 cal |
| Grilled Chicken Salad | 1.32 470 cal |

QUESADILLAS

| | |
|----------------------------|-----------------|
| Chicken Quesadilla | 4.75 950 cal |
| Cheese Quesadilla | 3.00 1100 cal |
| Buffalo Chicken Quesadilla | 3.12 870 cal |

2000 calories a day is used for a general nutrition advice but calorie needs vary. Additional nutrition information available upon request.

**See nutritional at station. **Nutritional calculated without dressing.*

THE HUNGRY BEAR CAT

SNACKS

| | |
|---|---------------------------|
| Hard Boiled Egg Cup | 0.95 140 cal |
| Boar's Head Hummus & Pretzel Cup | 2.99 250-270 cal |
| Fresh Fruit Cup | 3.99 45 cal |
| Banana | 0.25 110 cal |
| Apple | 0.35 90 cal |
| Orange | 0.63 60 cal |
| Boar's Head Pickle | 0.87 5 cal |

BEVERAGES

| | |
|------------------------------|---------------------------|
| Bottled Water | 1.99 0 cal |
| Bottled Soda | 1.99 0-240 cal |
| Regular Fountain Soda | 1.65 270-350 cal |
| Large Fountain Soda | 1.99 380-460 cal |
| Bottled Milk | 1.99 120-340 cal |
| Minute Maid Juice | 2.19 170-180 cal |
| Powerade | 2.00 200 cal |
| Coffee | 0.36 0 cal |
| Tea | 0.10 0 cal |

2000 calories a day is used for a general nutrition advice but calorie needs vary. Additional nutrition information available upon request.

**Soda nutritionals calculated without ice.*